

Friday of Proper 11 – Year 1  
Morning Prayer

### **Opening Sentence**

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. John 4:23

### **Versicle and Response**

Lord, open our lips.  
And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit,  
As it was in the beginning, is now, and will be for ever. Amen. Alleluia.

### **Invitatory**

#### **Venite**

Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

For the Lord is a great God, \*  
and a great King above all gods.  
In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.  
The sea is his, for he made it, \*  
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.  
For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

### **Psalms**

#### **Psalm 40**

<sup>1</sup>I waited patiently upon the LORD;\*  
he stooped to me and heard my cry.  
<sup>2</sup>He lifted me out of the desolate pit, out of the mire and clay;\*  
he set my feet upon a high cliff and made my footing sure.

<sup>3</sup>He put a new song in my mouth,  
a song of praise to our God;\*  
many shall see, and stand in awe,  
and put their trust in the LORD.

<sup>4</sup>Happy are they who trust in the LORD! \*  
they do not resort to evil spirits or turn to false gods.

<sup>5</sup>Great things are they that you have done, O LORD my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.

<sup>6</sup>Oh, that I could make them known and tell them! \*  
but they are more than I can count.

<sup>7</sup>In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);

<sup>8</sup>Burnt-offering and sin-offering you have not required,\*  
and so I said, "Behold, I come.

<sup>9</sup>In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'"

<sup>10</sup>I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O LORD, you know.

<sup>11</sup>Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance;\*  
I have not concealed your love and faithfulness from the great congregation.

<sup>12</sup>You are the LORD;  
do not withhold your compassion from me;\*  
let your love and your faithfulness keep me safe for ever,

<sup>13</sup>For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see;\*  
they are more in number than the hairs of my head,  
and my heart fails me.

<sup>14</sup>Be pleased, O LORD, to deliver me;\*  
O LORD, make haste to help me.

<sup>15</sup>Let them be ashamed and altogether dismayed  
who seek after my life to destroy it;\*  
let them draw back and be disgraced who take pleasure in my misfortune.

<sup>16</sup>Let those who say "Aha!" and gloat over me be confounded,\*  
because they are ashamed.

<sup>17</sup> Let all who seek you rejoice in you and be glad;\*  
let those who love your salvation continually say,  
"Great is the LORD!"

<sup>18</sup> Though I am poor and afflicted,\*  
the Lord will have regard for me.

<sup>19</sup> You are my helper and my deliverer;\*  
do not tarry, O my God.

### **Psalm 54**

<sup>1</sup> Save me, O God, by your Name;\*  
in your might, defend my cause.

<sup>2</sup> Hear my prayer, O God;\*  
give ear to the words of my mouth.

<sup>3</sup> For the arrogant have risen up against me,  
and the ruthless have sought my life,\*  
those who have no regard for God.

<sup>4</sup> Behold, God is my helper;\*  
it is the Lord who sustains my life.

<sup>5</sup> Render evil to those who spy on me;\*  
in your faithfulness, destroy them.

<sup>6</sup> I will offer you a freewill sacrifice \*  
and praise your Name, O LORD, for it is good.

<sup>7</sup> For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.

Glory to the Father, and to the Son, and to the Holy Spirit  
as it was in the beginning, is now, and will be for ever. Amen.

### **Reading**

#### **1 Samuel 31:1-13**

Now the Philistines fought against Israel; and the men of Israel fled before the Philistines, and many fell\* on Mount Gilboa. The Philistines overtook Saul and his sons; and the Philistines killed Jonathan and Abinadab and Malchishua, the sons of Saul. The battle pressed hard upon Saul; the archers found him, and he was badly wounded by them. Then Saul said to his armour-bearer, 'Draw your sword and thrust me through with it, so that these uncircumcised may not come and thrust me through, and make sport of me.' But his armour-bearer was unwilling; for he was terrified. So Saul took his own sword and fell upon it. When his armour-bearer saw that Saul was dead, he also fell upon his sword and died with him. So Saul and his three sons and his armour-bearer and all his men died together on the same day. When the men of Israel who were on the other side of the valley and those beyond the Jordan saw

that the men of Israel had fled and that Saul and his sons were dead, they forsook their towns and fled; and the Philistines came and occupied them.

The next day, when the Philistines came to strip the dead, they found Saul and his three sons fallen on Mount Gilboa. They cut off his head, stripped off his armour, and sent messengers throughout the land of the Philistines to carry the good news to the houses of their idols and to the people. They put his armour in the temple of Astarte;\* and they fastened his body to the wall of Beth-shan. But when the inhabitants of Jabesh-gilead heard what the Philistines had done to Saul, all the valiant men set out, travelled all night long, and took the body of Saul and the bodies of his sons from the wall of Beth-shan. They came to Jabesh and burned them there. Then they took their bones and buried them under the tamarisk tree in Jabesh, and fasted for seven days.

The Word of the Lord.

Thanks be to God.

### **Canticle 10 The Second Song of Isaiah**

Seek the Lord while he wills to be found; \*  
call upon him when he draws near.

Let the wicked forsake their ways \*  
and the evil ones their thoughts;

And let them turn to the Lord, and he will have compassion, \*  
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, \*  
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, \*  
so are my ways higher than your ways,  
and my thoughts than your thoughts.

For as rain and snow fall from the heavens \*  
and return not again, but water the earth,

Bringing forth life and giving growth, \*  
seed for sowing and bread for eating,

So is my word that goes forth from my mouth; \*  
it will not return to me empty;

But it will accomplish that which I have purposed, \*  
and prosper in that for which I sent it.

Glory to the Father, and to the Son, and to the Holy Spirit  
as it was in the beginning, is now, and will be for ever. Amen.

## Reading

### Acts 15:12-21

The whole assembly kept silence, and listened to Barnabas and Paul as they told of all the signs and wonders that God had done through them among the Gentiles. After they finished speaking, James replied, ‘My brothers,\* listen to me. Simeon has related how God first looked favourably on the Gentiles, to take from among them a people for his name. This agrees with the words of the prophets, as it is written,

“After this I will return,  
and I will rebuild the dwelling of David, which has fallen;  
from its ruins I will rebuild it,  
and I will set it up,  
so that all other peoples may seek the Lord—  
even all the Gentiles over whom my name has been called.

Thus says the Lord, who has been making these things known from long ago.”\*  
Therefore I have reached the decision that we should not trouble those Gentiles who are turning to God, but we should write to them to abstain only from things polluted by idols and from fornication and from whatever has been strangled\* and from blood. For in every city, for generations past, Moses has had those who proclaim him, for he has been read aloud every sabbath in the synagogues.’

The Word of the Lord.  
Thanks be to God.

### Canticle 18 A Song to the Lamb

Splendor and honor and kingly power \*  
are yours by right, O Lord our God,

For you created everything that is, \*  
and by your will they were created and have their being;

And yours by right, O Lamb that was slain, \*  
for with your blood you have redeemed for God,

From every family, language, people, and nation, \*  
a kingdom of priests to serve our God.

And so, to him who sits upon the throne, \*  
and to Christ the Lamb,

Be worship and praise, dominion and splendor, \*  
for ever and for ever more.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

### **The Apostle's Creed**

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

The Lord be with you.  
And also with you.  
Let us pray.

### **The Lord's Prayer**

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.

Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.

Save us from the time of trial,  
and deliver us from evil.

For the kingdom, the power,  
and the glory are yours,

now and for ever. Amen.

### **Suffrages**

Show us your mercy, O Lord;  
And grant us your salvation.

Clothe your ministers with righteousness;  
Let your people sing with joy.

Give peace, O Lord, in all the world;  
For only in you can we live in safety.

Lord, keep this nation under your care;  
And guide us in the way of justice and truth.

Let your way be known upon earth;  
Your saving health among all nations.

Let not the needy, O Lord, be forgotten;  
Nor the hope of the poor be taken away.

Create in us clean hearts, O God;  
And sustain us with your Holy Spirit.

### **Collect of the Day: Proper 11**

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

### **For Mission**

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men and women everywhere love you and serve you in peace; through Jesus Christ our Lord. Amen.

### **Prayers and Intercessions**

Let us pray now for our own needs and those of others.

### **General Thanksgiving**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation,

preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Benediction**

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

Ephesians 3:20,21